



श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir

132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

In Memory of Late Shree Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Issue No. 015

Monthly

Sep 2015

SAANAATAN DHARMA MESSAGE

Jai Mata Di

What is Sanaatan Dharma?

Sanaatana Dharma is a code of ethics, a way of living through which one may achieve moksha (enlightenment, liberation).

MESSAGE FROM THE CHAIRMAN:

We thank you all on behalf of the Mandir Founders, Trustees for attending Satsang & festival regularly. We also take this opportunity to thank all the Volunteers for hosting and participating in serving Prasad to Maa Durga and all its devotees.

Any Devotees who wish to participate as YAJMAN, please contact Mandir Management as soon as possible by e-mail / phone.

In the meantime the Mandir services will continue as usual and all weekly programmes will remain unchanged. Daily Evening AARTY will be performed at normal time

Nitin Mehta MBE

Chairman

Founder:

Shree Man Mohan Abbott

Trustees:

Dr. Sh. H P Abbot
Pandit Sh. Veerendra Rishi
Pandit Sh. Dr Venkat Joshi
Pandit Cllr. Sh. Raju Pandya

Chairman:

Shree Nitin Mehta, MBE

Mandir Purohit/ Acharya Ji
Vacancy:

Newsletter Editor:

Mandir Management

Newsletter Designer

Deveshi Priya, Age 10
Geetesh Abbott

This month's Festival:

PANCHAK END	12.18AM	पंचक समाप्त	02-09-2015	WEDNESDAY
SHRI KRISHNA JANMASTMI		श्री कृष्ण जन्माष्टमी	05-09-2015	SATURDAY
EKADASHI		एकादशी	08-09-2015	TUESDAY
AMAVAS		अमावस	13-09-2015	SUNDAY
KEVDA TEEJ		केवडा तीज	16-09-2015	WEDNESDAY
HARITALIKA TEEJ		हरि तालिका तीज	16-09-2015	WEDNESDAY
GANESH CHAUTH		गणेश चौथ	17-09-2015	THURSDAY
SANKRANTI (AASHVIN)		संक्रांति (आश्वीन)	17-09-2015	THURSDAY
RISHI PANCHAMI		रशी पंचमी	18-09-2015	FRIDAY
RADHA ASHTAMI		राधा अष्टमी	21-09-2015	MONDAY
PANCHAK BEGINS	11.05 AM	पंचक आरंभ	25-09-2015	FRIDAY
SHARADHA PURNIMA (EUROPE)		श्राद्ध पूर्णिमा	27-09-2015	SUNDAY
SHARADHA BEGINS		श्राद्ध आरंभ	28-09-2015	MONDAY
PANCHAK ENDS	10.29AM	पंचक समाप्त	29-09-2015	TUESDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

mail@vishvasanatadharam.org

Thought of the day – Failure

When you want to do something sincerely and are decisive about it; the power of concentration becomes available to you. Concentration allows you to achieve more in less time and respond to situations in a more effective way.

Weekly Programme:

1. EVERY MONDAY:(BHAGWAN SHIVJI PRAYERS / RUDR ABISHEK)

RUDR ABISHEK: As per ancient texts when Lord Vishnu was incarnated as Sri Rama, Lord established Shiva Lingam at Rameshwaram before crossing the sea. He performed Rudrabhishek to express his devotion towards Lord Siva. This Pooja, where Lord Shiva is worshiped in His Rudra form, is hailed by all Vedic scriptures as one of the greatest Poojas to remove all evils, to attain all desires and for all round prosperity and peace. It is an abhishek /puja performed for Lord Shiva and it is very auspicious to perform. (Devotees are welcome to come and perform this ceremony during Mandir Opening Hours on Monday)

2. EVERY TUESDAY:(HANUMAN JI / BAJRANG BALI JI PRAYERS)

RECITING SUNDERKANT CHAPTER FROM RAMAYAN & THEREAFTER ENCHANTING HANUMAN CHALISA.

3.EVERY WEDNESDAY:(BHAGWAN VISHNU PRAYERS)

ENCHANTING LORD KRISHNA MANTRA AND RECITING 1008 NAMES OF LORD VISHNU, THEREAFTER BHAJAN

4. EVERY THURSDAY:(BHAGWAN VISHNU / LAXMI JI)

RECITING SRIMAD BHAGAVAD PURANA, THEREAFTER BHAJAN

5. EVERY FRIDAY:(DEDICATED TO ALL MATA JI)

KATHA AND BHAJAN IS DEDICATED TO MAHALAXSHMI MATA JI, SANTOSHI MA, ANNAPURANESHWARI AND MAA DURGA.

6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

ENCHANTING HANUMAN CHALISA (108 TIMES)

7. EVERY SUNDAY: (BOOKINGS AVAILABLE FOR PRIVATE PRAYERS / FUNCTIONS)

TO BE ADVISED ON A WEEKLY BASIS

ANY DEVOTEES WISH TO BOOK THE MANDIR FOR ANY OF THE ABOVE DAYS FOR THE ABOVE PRIVATE POOJA CEREMONY, PLEASE CONTACT MANDIR MANAGEMENT BY E-MAIL.

Monthly Programme:

1. SATSANG

REGULAR MANDIR DEVOTEES HAVE BOOKED THE MANDIR FOR A MONTHLY SATSANG TO BE HELD EVERY FIRST SUNDAY OF THE MONTH FROM 3PM TO 5PM. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676.

॥ ॐ श्रीपरमात्मने नमः ॥

सभी मनुष्य चाहते हैं कि हम सदाके लिये सुखी हो जायँ और दुःख सदाके लिये मिट जाय। परन्तु इस चाहकी पूर्ति भगवान्‌के भजनके बिना नहीं होगी, नहीं होगी, नहीं होगी! त्रिलोकीका राज्य, इन्द्रका पद अथवा ब्रह्माका पद भी मिल जाय तो भी इस चाहकी पूर्ति नहीं होगी।

—परमश्रद्धिय स्वामीजी श्रीरामसुखदासजी महाराज
'सीमाके भीतर असीम प्रकाश' पुस्तकसे

GraphicsFuel

Goddess Durga Arrival On Turang



दिनशशि सूर्य गजरुढा शनिभौमै तुरंगमे।
गुरौशुक्रेच दोलायां बुधे नौकाप्रकीर्तिता॥
गजेश जलदा देवी क्षत्रभंग तुरंगमे।
नौकायां कार्यसिद्धिस्यात् दोलायौ मरणधुरवम्॥

रविवार और सोमवार को भगवती हाथी पर आती हैं, शनि और मंगल वार को घोड़े पर, बृहस्पति और शुक्रवार को डोला पर, बुधवार को नाव पर आती हैं।
दुर्गा हाथी पर आने से अच्छी वर्षा होती है, घोड़े पर आने से राजाओं में युद्ध होता है।
नाव पर आने से सब कार्यों में सिद्धि मिलती है और यदि डोले पर आती है तो उस वर्ष में अनेक कारणों से बहुत लोगों की मृत्यु होती है।

The week day, on which **Navratri** or **Devi Paksha** starts, is considered for Durga Arrival. If Goddess Durga arrives on **Tuesday** or **Saturday** then it is believed that she comes mounting on a horse. Goddess Durga coming on a horse is not considered very auspicious. It is believed that it is omen of likely war among nations.

This is with reference to the coming auspicious days of Navratri (13 Oct 15 to 23 Oct 15).

I Want to Only Walk This Path



I have received many amazing and extra-ordinary insights from the Bhagavad Gita, from the scriptures and from saints. I am sharing one of these insights with you today. All of you have mercy on me and pay close attention ! It is a very simple point, whereby one can make progress very quickly in their spiritual pursuits. One can receive immense joy. All sorrow can be wiped out, once and for all. But for whom are these simple insights ? It is for those who desire their own spiritual benefit and growth. The greater the feeling, the intensity within - "Let me attain salvation," for him this point will be that much easier.

One method is that we continue to do various spiritual practices step by step, and as we do, we continue to reach higher and higher states, and then we will realize that essential Truth (Knowledge of Self). Another method is such that we can be at the higher state from the very beginning, and it will not take so long. You won't have to put in so much effort, but the benefits will be immediate and extraordinary.

On this subject God has said - A firmly rooted intellect with only one aim is of one type, while the intellect of an unsettled man is all over the place and dispersed (Gita 2:41). Gita also says - **"Even the worst of worst sinners, if they worship me exclusively, then he should be considered an ascetic, because his aim and determination is good. (Gita 9:30).** In this verse (Gita 9:30) it is also said **"samyagvyavasitohi saha"** means that **"Now I want to only walk this path"** whereby one makes this firm commitment and determination. Whether people complain, whether they criticize, whether wealth comes or goes, whether this body remains healthy or not, whether we live or we die, but I will remain firm on this aim. In this same way, in the "I-ness" if there is the inner expression that "I am only a seeker of divinity and truth" then spiritual practices will happen on their own.

Let us accept our relationship with divinity and truth (God, Supreme Consciousness) from the very beginning - **"I belong to God and God is mine"**. You may have heard this point many times, and I have said this many times, as well, but you all do not pay attention. I pray to you all that pay great attention to this point. I want to attain salvation and it is only for that purpose that I have come here, only for that purpose have I been born here, there is no other work that I have - let there be this one affirmation, one verdict, one decision. This is called intellect that is exclusively engaged **"vyavasaatmikaa buddhi"**. With such a determination and exclusive aim, even the worst of worst sinners can attain saint hood very quickly **"shipram bhavati dharamaatmaa"**. (Gita 9:31).

How to Attain and Increase Love?

Answer: Now, how to attain love? I will share with you what I have heard from saints. If you desire God's love, then love all beings. Let it be such that no being is in the least bit hurt because of you. Let all be at peace. Let all attain salvation. Let all be benefited. Let all be happy. Let all be relaxed. As long as you are selfish and wanting your wishes to come true, wanting to fulfill your own desires, God's love does not manifest. Whatever my mind wants, that should happen, this is "Desire".

When there is love for all beings then Bhagwaan's love is easily attainable. Therefore love all. Do what is beneficial to all. **"Sarve Bhavantu Sukhinah."** May all become free of disease; May all be joyful; May no one experience any pain and suffering. That is the greatness of saints. They only do what is beneficial to all.

To attain this love, love each other. It is most important for householders. There must be love for each other, for everyone living in the household. To fight everyday, to create disharmony, is not a way to live. Increase your love. Start today, with all those living in the household. Start with all those that are elder to you. Do pranaam (namaste, namaskaar, homage, respectfully bow) to all those that are older. Consider all elders to be your father. Have the sentiments within that God will be happy. I want to make God happy. Anyone you meet during the day, do pranaam (respectfully bow) from within.

Pay attention to this. Have mercy on me. In all beings there is Bhagwaan (God) present. If you are ashamed to do this outwardly, then do so from within. If someone realizes that Bhagwaan resides within each and every being, then he will be unable to not do namaskar to them from within. Namaskaar is done with two feet, two knees, two hands, with heart, with speech (vachan), with two eyes, and with mind (mana). Pay respect to all.

Always see to it that it is only with Bhagwaan's grace that I will be spiritually uplifted. He has given us this human body, this satsang, this Gangaji, these scriptures, these associations, see to His grace in all of these. We are entitled to Salvation. Therefore start with namaskaar at your home... with Everyone !!! Even do namaskaar to the young ones. Day and night, do namaskaar. All fights will end at home. When you are forced to do namaskaar, all fights will have no place to go. It is like saying - no matter what, I am surrendering to you. If you do namaskaar even once to Shri Krishna, you will receive the fruit ten folds. It is so easy! it is so cheap. It is filled with nectar.

Who ever desires to attain God will understand that He resides in all. All these bodies that you see whether in a temple or anywhere, they all have God present in them. He who understands this, all the agitations of his mind will come to an end. He will stop complaining about others. He will stop seeing faults in others. He will stop being egoistical. Therefore have mercy on me and try it out and see for your self. Minimally, know that at least it is not going to harm you. You do not have to spend any money. You do not have to incur any bodily discomforts. You can do the namaskaar from within... mentally only! Teach children to do namaskaar to all. All will be happy simply by observing this namaskaar, and will in turn start doing the same. Do "Namaskaar" first thing in the morning and at dusk when the lights are turned on.... It will increase strength. It will increase intelligence. What an amazing Saadhan. It is even said in the Gita. "Namasyanti maam bhaktyaa...." Therefore start today... Give this one thing in charity today. I am asking you for this. Give it ! I rarely ask for anything. It is not my nature to ask. I am asking today. Give this charity. Have mercy on me. It is a householder's duty to give to a sadhu (sanyaansi). Do this for twelve months and see. Simply do so with your mind. All fights will end. It is one way of increasing LOVE.

For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)

Shree Raju Pandya (07956252294)

Shree Dr H P Abbot (07956824091)

Pandit Shree Veerendra Rishi (07788436348)

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E-mail Enquires:

mail@vishwasanatandharammandir.org

mail@vishwasanatandharammandir.org

Website:

www.vishwasanatandharammandir.org

Mandir Opening Times:

9.00am To 1.00 pm

5.00pm To 7.30pm

Mandir Closing Times:

1.00pm To 5:00 pm

7:30pm To 9.00 am

Monthly Management Accounts

SHREE VISHWA SANAATAN DHARMA-MANDIR INCOME & EXPENDITURE ACCOUNT FOR THE PERIOD ENDING 31ST AUGUST 2015

INCOME:	Aug-15	Year to-date
Donations received in Daan Patr directly fr T TBA TBA TBA		
Donation received from the Founders of tl	250.78	1351.79
Donation received from Yajman		1331.51
Daily Aarti Donations	<u>2.77</u>	<u>244.22</u>
	253.55	2927.52
EXPENSES:		
Rates & water Charges	263.39	799.40
Electricity		8.00
DAKSHNA TO POOJARI JI ON CHAAL PRTHI		250.00
PRASAD OUTSIDE CATERING		315.00
Fire Security	<u>263.39</u>	<u>0.00</u>
		1372.40
NET RETAINED	<u>-9.84</u>	<u>1555.12</u>
BANKED	<u>2.77</u>	<u>2580.52</u>
NOTE :		

Mandir Management

For and On behalf of Shree Vishwa Sanaatan Dharma Mandir (Croydon)

॥ ॐ श्रीपरमात्मने नमः ॥

भगवान्‌के विषयमें बहुत-सी बातें आती हैं। परन्तु जो अपना कल्याण चाहता है, उसको 'भगवान्‌ कैसे हैं, कैसे नहीं हैं'—इन बातोंमें नहीं पड़ना चाहिये। कल्याण करनेवाली बात यह है कि 'भगवान्‌ हैं और वे जैसे भी हैं, हमारे हैं'।

—परमश्रद्धेय स्वामीजी श्रीरामसुखदासजी महाराज



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In Memory of Late Shri Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Poetry Of The Month

Duty

O, Duty; Thou art the voice of God,
For thee the men and women
Of my Country have regard;
Thou art the light my soul given
To guide and check erring.

O'Duty thou art truth, Without thee there
is not quiet mirth,
Thou inspirest life and maketh worth,
As without thee there is not good birth.

That who inspireth to make life beauty, His
life can't inspire without duty,
Without thy sense men's life,
Is dull, hopeless and not worth while.

Without thee 'O, Duty; no obligations
To discharge without, determination,
In the affairs of life with firm action.
Thou art essential thing in life,
And the truth which life to guide.

Thou playst a role of good life,
'Tis thou inward truth to guide
For performance of proper action
In the interest of country men
Without caste, creed and section.

As a man duties are many,
Towards family, Society and others if any,
These duties are for high and low
From family circle to entire globe.

Moral discipline comes from duty,
Also self sacrifice, perseverance and honesty,
And that who realiseth not his duty
Loses respect and his individuality;
Hence no spiritual satisfaction without duty,
Nor sympathy for down trodden humanity.

Duty to parents bringeth peace,
Duty to Society maketh life sweet;
Duty to country infuseth patriotic sense,
Duty to Nation inspireth political
independence.

Truth and Duty are the same,
Life of mankind from both attained,
Execution of duty giveth joy,
Elating, heartening and pleasure to enjoy.

If one considers the Duty his religion,
He can discharge well his decision,
His country is happy and its men,
When obligation 're well done,
The happiest man is he in the world,
Who sacrifices are many in tale to tell.

By Bhagat Har Govind Abbott



Beneficial Advice for Children

Follows on from previous newsletter...

21. One should not eat those sweets and foods that have been touched by other people.
22. One should not eat any impure thing.
23. Anything that you eat or drink, should be first offered to the Lord and then consumed.
24. Eat a little bit less than your hunger.
25. Ever remain joyful while eating.
26. While eating, it is not good to have various feelings and sentiments such as anger, mourning, impoverished, hatred, etc., because when these persist, the food is not properly digested.
27. Before eating, one should wash both hands, both feet, and mouth - these five should be clean.
28. Before and after eating one should definitely take a sip of water (aachaman) in the mouth.
29. After your meal, it is proper to gargle; because when there is food in the mouth, disease such as pyorrhea etc. can come about.

30. One should not eat while walking-strolling or running, and in unclean state and unclean places; because while eating and drinking, all body consumes food from every pore and gate.

31. One must not eat, before taking a bath and doing prayers and worship of the Lord.

33. Garlic, onion, eggs, meat, alcohol, fermented intoxicating drinks (eg. taadi), should never be consumed.

33. Lemonade, soda, and ice must not be used; because from them, the possibility of getting various related diseases are likely.

34. Never consume any kind of stimulants, or even spicy, burning foods.

35. Sweet, salty, biscuits, milk, yoghurt, cream, snacks and savories must not be purchased from the market; because the shopkeepers, due to greed, do not pay attention to the health and purity in the preparation, by which there are possibilities of falling sick.

36. Cigarettes, bidis, 'bhaang' cannabis based drink , tea, and various intoxication drinks should never be consumed.

37. Besides food and water do not develop a habit for any thing else.

38. Do not chew your nails with your teeth.

39. At no other time should your fingers go into your mouth, other than while brushing, gargling etc. .

40. It is not OK to apply spit to your finger and then to use that finger to turn the pages of a book.

to be continued.....



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Community Special submission can be sent to the Mandir management by 25th of each month. We will endeavour to print in the newsletter FOC.

COMMUNITY SPECIAL

इवाङ्गेर & VEDANTA CLASSES FOR BEGINNERS

WHEN: Saturdays, 10.30 - 11.30am (Sanskrit)
11.40 - 12.30pm (Vedanta)

WHERE: 10 Thornton Row, Thornton Heath, CR7 6JN

DETAILS/REGISTRATION: Email Aditya: adig_85@yahoo.com

Sanskrit classes cover basic principles of reading, writing, pronunciation and correct chanting method for Sanskrit verses. Will learn the principles to be able to read and analyse Sanskrit texts such as the Bhagavad Gita. Ancient Indian grammatical method followed (Panini Sutra).

Vedanta classes give an overview of the teachings of Hinduism included in the Veda, Upanishads, and Bhagavad Gita. We will examine how these connect to wider Vedic topics related to Philosophy, God, Logic, Reality, Grammar, Phonetics, Science of Rituals, Worship, Lifestyle, Morals & Ethics, Linguistic Analysis, Epistemology, etc. Open Q&A sessions follow. All are welcome to attend either of the classes. No prior knowledge required.



Introducing
a new school for
CROYDON



KRISHNA AVANTI
PRIMARY SCHOOL

Opening September 2016

Open
September 2016



KRISHNA AVANTI
PRIMARY SCHOOL



Introducing a new 2 form-entry primary school for Croydon

Avanti Schools Trust are pleased to announce the fifth addition to our family of successful schools. Supported strongly by the local community, the school will provide an outstanding education for all.

Avanti schools prepare pupils for their respective life-journeys by promoting educational excellence, character formation and spiritual insight. Our Hindu faith schools are truly inclusive, seeking pupils and staff from all backgrounds and faiths; we do not operate a faith criteria for pupils. Alongside teaching the full curriculum, we are unique in offering practical 21st century spirituality, rooted in ancient wisdom. Class meditations, values-led lessons and yoga encourage reflection and are tools for life.

The planned permanent site will be a brand new building where Victoria House currently stands (CR0 4HA).

All children that will be starting Reception year in 2016 should apply via Croydon Council from September 2015 and register their interest online:

www.avanti.org.uk/kapscroydon



AVANTI SCHOOLS
TRUST

A Journey of
Self-Discovery



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SHREE VISHWA SANAATAN DHARMA VIVAH SERVICE (VSDMVS)

Please complete this form in BLOCK CAPITAL letters and send it to the above address with

Please send SELF ADDRESSED STAMPED envelope.

Contact Details

Title	Mr / Miss / Mrs / Dr	First Name	Surname
Address		Town / City	County: Post Code
Tel Number	Landline:	Mobile :	
E-mail			

Applicant Details:

Title	: Mr / Miss / Mrs / Dr	Sex : Male Female
First Name		
Surname		
Marital Status		
Nationality		
Date of Birth	Height : ft in	
Smoker :	Yes No	Vegetarian Yes No
Caste: (Optional)		
Qualifications	Occupation	

Declaration and Consent:

I understand and agree that the **SHREE VISHWA SANAATAN DHARMA MANDIR VIVAH SERVICES** and its Management will under no circumstances be held responsible legally or morally for the bonafide of either of the 'parties' concerned nor liable for any form of legal action.

I declare that the above particulars are correct to the best of my knowledge.

Signed (applicant): _____ Date: _____

Contact Name: _____ Tel No: _____

Please inform us in writing as soon as your son/daughter is engaged / Married.

For Office Use Only:

Date: / / Ref No: